

Mrs. Mary Eales was the author of the first English cookbook to publish a recipe for ice cream. She described herself as "confectioner to her late Majesty Queen Anne," although her name does not appear in the Lord Steward's account books as one of the three court confectioners. Possibly she prepared confections for the court on an independent basis.

Mrs. Eales's blancmange recipe used isinglass, an ingredient which came from the air bladders of sturgeon and other freshwater fish and which was used in making gelled desserts. Isinglass could also refer to gelatins made from animal hides and hooves.

To make BLAMANGE

Take two Ounces of ising-glass, steep it all Night in Rose-Water; then take it out of the Water and put to it a Quart of Milk, and about six Laurel Leaves, breaking the Leaves into two or three Pieces; boil this 'till all the Ising-glass is dissolv'd, and the Milk diminish'd to less than a Pint; then put to it a Quart of Cream, letting it boil about half an Hour; then strain it thro' a thin Strainer, leaving as little of the Ising-glass in the Strainer as you can; sweeten it, and, if you like it, put in a little Orange-Flower-Water; put it in a broad Earthen Pan, or China Dish; the next Day, when you use it, cut it with a Jagging-Iron in long Slips, and lay it in Knots on the Dish or Plate you serve it up in.

The Compleat Confectioner
Mrs. Mary Eales, 1753